

A MINUTE OF HEALTH WITH CDC

Mosquito Alert

West Nile Virus Activity — United States, January 1—December 31, 2009 Recorded: June 29, 2010; posted: July 8, 2010

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Summer has arrived and so have the mosquitoes. Not only are they a nuisance, but they can cause disease in humans and animals. The most common mosquito-borne illness in the U.S. is West Nile virus. The virus has affected all areas of the continental U.S., but areas of the West and South have been especially hard hit in recent years. Most cases occur from July through September. To help prevent West Nile virus infection, use insect repellent on exposed skin and, if the weather permits, wear long sleeves, long pants, and socks when outdoors. Also, drain standing water around your home and make sure screens on windows and doors are in good shape.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.